

AMICALE NEWSLETTER

Carpe Diem !

Edition 6 - 28 April 2020

Quote: *He has Van Gogh's ear for Music*

Introduction

Welcome to Edition Six of **CARPE DIEM** and life in the **AMICALE** and Canton of Fayence. The sun is shining, the birds are singing, the bees are out and Spring seems to have arrived a month early. Even the sky seems bluer and there are reports of the skies over previously smog-ridden cities, such as Mumbai and Beijing being able to see again. Shall we be able to maintain this, as business and travel picks up again? It would be nice to think so.

A quick survey will be sent out soon to see if you are enjoying and finding Carpe Diem useful. Please take a moment to fill it in and send it back to the Editor. We will feed back your views to you.

What's Happening?

A quick spin around the world and, if you find the figures too disquieting, these are summarised at the back of this edition. In general however, governments are coming to terms with the impact of Covid19, gearing up hospitals, medical resources (some later than others) and "ramping up" testing and the search for a vaccine to counter the virus. Enormous resources are now being thrown at the problem, with for example, Bill Gates pledging billions of dollars to find a reliable and effective vaccine, funded by the Foundation he shares with his wife. There is no doubt that a vaccine will eventually be found, but best estimates put it a year away, meanwhile Governments have a delicate and agonising balance to be found, between keeping the pressure lid on public health and "lockdown", while trying to avoid businesses going bust and Countries' economies burning out. This looks for the so-called Judgement of Solomon.

Meanwhile a summary of best practice includes:

Staying at home and isolated as much as possible, avoiding public gatherings

Washing your hands in soapy water (why not keep a plastic bag in the car, with a soapy wet cloth in it, to save "handwash" for the return home?)

Wearing a mask in public, not least to save others, if you might be a "carrier". Both France and the UK are moving in this direction, as supplies of masks improves; indeed the prestigious British Medical Association has recommended it.

Having a thermometer to measure your body temperature: should be around 36-37.5 degrees.

Incidentally there is now a “magic pen” on the market, called a “pulse oximeter”, available via Amazon and other online suppliers. This device when attached to your finger, will monitor your oxygen level – can be a sure sign, if your oxygenation (in your lungs) drops to 50%, that you’ve got the bug. (Editor’s thanks to Mike Turner-Samuels)

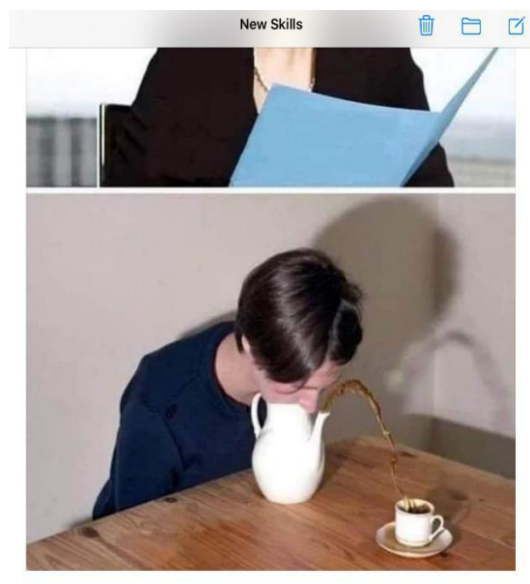
It’s the Economy Stupid

Meanwhile the battle rages in governments around the world, as to when and whether to ease lockdown, on respective populations. This is a balance between allowing people to socialise and get out into the fresh air again, without relaxing to the point of stupidity – and let’s face it, most governments have been “doling out, a couple of weeks at a time”, the Stay at Home message; knowing that if they told everyone that we’d be here until Christmas (and the production of a vaccine), there would be riots on the streets. Indeed in at least one French city, there have been riots and police baton charges already.

The counter-argument for governments is that most have invested vast amounts of cash, borrowed against National Debt, to hold Covid19 at bay. This borrowing is only sustainable if there is a prospect of re-starting respective economies. Indeed in the UK, the British Cabinet is being pressed by the super-rich and Party donors, to allow businesses to start up again, to avoid complete shut-down and loss of cash. A sword of Damocles indeed and other countries are experiencing the same pressures: public health, versus hard cash. It’s the Economy stupid!

So Here We are!

Here most of us are, in the lovely Canton of Fayence, learning to handle on-line communication and new skills. Its amazing what some us are learning!



And what have you learned this week?

But seriously, full marks to those who have come to grips with on-line Bridge, Zoom and Facetime classes in Pilates, Yoga, and Painting, language training and just good old fashioned chatting on-line (don't forget to change your passwords regularly on social media, perhaps one every couple of weeks, to avoid "hacking"). Speaking personally, the Editor has spoken more to friends and family, than in some cases for years! And of course the internet is no respecter of distance: America, Australia, Africa, go on, get out there! If you have technical problems, there's usually someone who can help you, in the Amicale – just ask.

Other Topics

In France.

President Macron has won global appreciation for his firm handling of the crisis, in spite of some public disturbance, indeed the French Teachers Union is pressing to avoid opening schools until Christmas, with strike action threatened.

On a less serious note, there is news of the "Cinq à Sept" movement, as paged in the British Times; it's probably jealousy!

THE SUNDAY TIMES NEWS | PAGE 1

Frisky French find delight in socially distant cinq-à-sept

Peter Conradi, Paris

What is the correct etiquette at an online orgy? And how can you best communicate discreetly with an illicit lover behind your husband's back from a locked-down flat?

Such tricky aspects of *télésexualité* — sex at a distance — are among questions tackled with remarkable frankness by Maïa Mazaurette, 41, France's best-known relationship specialist, in her columns in the otherwise staid pages of *Le Monde* that are helping her compatriots cope with the frus-



Maïa Mazaurette says for the French seduction is a sport, but 'at the moment, it is very difficult'

PASCALE LOURMAND

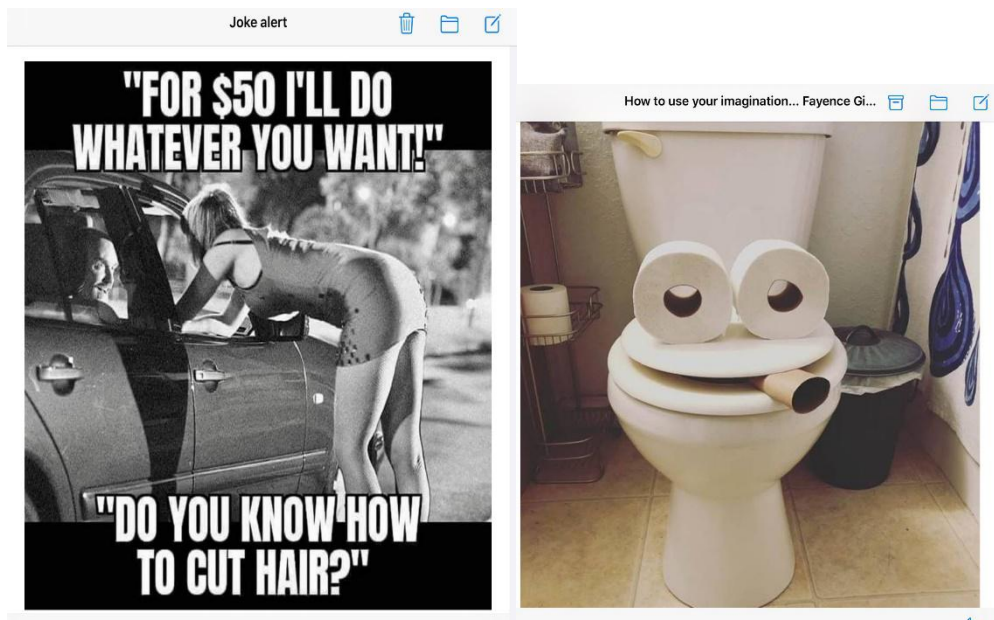
Health Passports

Some governments, in tackling the issue of releasing people to travel again, are considering the requirement for passengers to provide a "health passport" initiated two days before travel. For those with pets, this would be akin to the well-established "pet passport scheme", which has been in place for 20 years. Indeed the Editor

helped introduce it. Rumour has it, the perfidious British are arguing over the colour of the proposed health passport!

Appel a Dons – Call for (Charitable) Donations

As most Members of Amicale will be aware, we support a number of local charities, in the Canton. Inevitably, with the reduction in our social life, fundraising has suffered badly. All Members should have received a call for donations and you are warmly encouraged to send in cheques as requested by my fellow Vice President, Frans Steenbrugge, who runs this activity for the Committee. Payable to “Le Croix Rouge” and send to Liliane Watry, 3570 Route de Mons, 83440 Seillans.



And Finally

(with thanks to our sister organisation, the IWCV)

Update from the BAV:

> Confinement

> Having last week reported that the confinement is to carry on to 11 May and longer for certain people, there has been greater clarification that certainly those with chronic lung, heart & kidney and numerous other conditions are likely to be required to continue until further advice. It is currently not intended to differentiate on the grounds of age.

> There also seems to be a general consensus that social distancing will still be required and that masks will be required on public transport and, perhaps when shopping.

> Otherwise there is still no clarity on what, if anything, can reopen after 11 May.

> Dental Issues

> If you have need of urgent dental treatment, due to tooth pain or dental problems,

the national number to call is 09 705 00 205.

> Masks

> If you have some ability with a needle and thread or sewing machine from time to time the Var Matin (www.VarMatin.com) publishes patterns and instructions for making masks. The Mairie of Montauroux has also requested volunteer seamstresses: they will provide materials.

> Exercise Within 1km

> As you should know you are only allowed exercise outside of your property for 1 hour per day and to up to 1km radius.

> For those who live outside of villages and towns this assessment of 1km is relatively easy as property / house numbers usually relate to the number of metres from the junction nearest the commune centre and so a calculation can be made.

> However, for techies there is an <https://www.geoportail.gouv.fr/carte>.

> On the right hand side click on the tool image. Then click on Mésure and then Isochrone followed by Calculez une Isodistance.

> Under Depart put in your address and then under Distance put 1km.

> Ensure the 'person walking' image is clicked and then press Calcule. The map will then show in green the area included within 1km!

> Scams

> Apparently scams relating to Covid 19 are rife, (with about 2000 UK scams having been identified)

> Please therefore be cautious and sensible in answering telephone or emails. Three sites you can check with:

> www.truthorfiction.com

> www.Snopes.com

> www.Hoax-slayer.net

Earth Day Live (Did you see?)

<https://www.earthday.org/earth-day-live/>

Phantom of the Opera – full show

<https://www.youtube.com/watch?v=yAYeqyrFWWU>

That's it Folks, for this week.

We've had lots of 'thank yous' from Members and a total of 3, who felt our productions are too long – they've obviously got lots to do elsewhere, so good luck to them! The Survey will be sent to you shortly. This is your chance to TELL US, what you really think. Thanks in advance for your input.

Annex A contains some Covid19 facts & figures. Upsetting reading, but things are getting better for most of the World; you don't have to read them!

Annex B

COVID19 FACTS AND FIGURES (Not for the faint hearted!)

Global deaths from Covid19 have now passed 200,000. The death toll from Spanish Flu was thought to be 18 million plus, with 500,000 overall infected, most of which occurred in the so-called Second Wave.

By Country yesterday:

India. 800 million people are on subsistence benefits, due to lockdown

France. Deaths stand at 22,000, with big fall in last 24 hours. Lockdown partial lifting 12 May, to be confirmed.

United Kingdom. Deaths recorded 23,000 but a reliable source, the Financial Times, which has done own survey, puts it at 41,000 plus. Lockdown will be reviewed in 2 weeks

Germany. Reported 1,300 new cases yesterday

Russia. 80,000 reported infected, but information scarce

Canada. 45,000 infected.

Turkey. Deaths 2,800

Honduras. Lockdown until May

China. New cases virtually minimal. A new phone "App" allows monitoring of people so they can go out.

Italy. 260 deaths daily, but vastly better than it was.

USA. 360 deaths daily total, in New York alone. President Trump being heavily criticised for his non-medical commentary.



AMICALE L'ECOUTE

Dear Members,

It is really important that we help each other in this extraordinary time. Through Amicale L'Ecoute there is a place for all of you to call us in French or English to seek help, offer help or just to make contact in this time of isolation.

Sharing recipes seems to have been the most popular theme of this part of the Carpe Diem. Thank you to those of you who sent in recipes. This week it is FISH recipes from our members who originally come from Guiana; Norway; Scotland and France.

Another quote from Julia Child

"You learn to cook so that you don't have to be a slave to recipes".

I suggest you are a slave to the following recipes and then you will be able to cook!

1. From Barbara Bone who was born in **GUIANA** when it was British Guyana. She gives us **GRATIN OF SALT COD**. Barbara said that Salt cod is used very much in Guyana, as there is very little fresh fish available. The country is under water level, and the sea is very muddy. Hence the name given to Guyanese people, Mudheads. (Attachement)
2. From Siri Knott who is originally from **NORWAY** we have this **TRADITIONAL NORWEGIAN SOUP** which can be served as a main course for a light supper, or as a starter (Attachement)
3. From Alma Hosie who is **SCOTTISH**. She tells us that this **CULLEN SKINK** recipe is a very well known Scottish dish named after the seaside village of Cullen in Morayshire (Attachement)
4. From Ghislaine Ramalli who is **FRENCH** and a writer of French books. This recipe is from her book "A table les Ados"; It is called **FISHERMAN'S QUICHE** (Attachement)

The lockdown continues and many of us are finding more time to cook so we hope this week's recipes will bring you pleasure. Bon Appetite!

Next week we have more recipes including one from Coco Browning who is originally from COLUMBIA. And others from Germany, Austria and Belgium

Don't forget to call us if you have difficulty collecting your weekly food supplies. We have 6 very kind helpers ready to help. Just call or email

Lesley Joffick (0647797756, lesleyjoffick@hotmail.com) in English or French

OUT OF CONTROL

Let's start with the useful info

Recycling centers

From Wednesday 29th April, the Tourrettes and Bagnols-en-Forêt recycling centers (For green waste only) and the Montauroux recycling center (For rubble only) will be open.

Be aware: You must make an appointment and have the badge of the recycling center.

Find all the information on the website of the Communauté de Communes <https://www.cc-paysdefayence.fr/acces-decheterie-covid-19/>

Masks

As of 11th May, we will have to wear a mask. The masks will be available very soon in tobacco shops, pharmacies and town halls . Otherwise you can request some from the Coutières of the Pays de Fayence by e-mail, giving, your name, first name, indicating «personne à risque» and the number of people needing a mask.

Si vous faites partie des bénéficiaires , vous pouvez faire une demande à l'adresse mail :

solidarite.couturieres.83440@gmail.com

En précisant : Nom, prénom, commune, votre situation (personnel aidant, soignant, travailleur, personne à risque,...) et le nombre de personnes concernées par la demande

Si vous voulez nous soutenir cagnotte Leetchi :

<https://www.leetchi.com/c/couturieresbenevolescantonfayence>



Speaking of masks, I suggest we organize a competition of the most beautiful, the most unusual, the sexiest, the most effective, the most colorful mask ...

Send your photos to fvsteenbrugge@gmail.com

Some exemples



It is in these circumstances that after all, you are happy to have a B cup



Quiz

The correct answer for last week's quiz was 63. Several people found the correct answer, but Jacques Chazarain was the quickest.

Slightly more complicated this week.

$$\begin{aligned} \text{Watermelon slice} + \text{Watermelon slice} &= \text{Pineapple} \\ \text{Lemon} \div \text{Kiwi slice} &= 3 \\ \text{Kiwi slice} \times \text{Peach} &= \text{Pineapple} + 1 \\ \text{Lemon} + \text{Pineapple} - 5 &= 50 \\ \text{Kiwi slice} + 3 &= 10 \\ \text{Peach} - \text{Watermelon slice} \div 4 &= ? \end{aligned}$$

Take care of yourself !